This handout, along with other valuable information pertaining to the furlough, is available under the "Furlough Resources" tab on the left side of the Florida Air National Guard's homepage at www.fl.ang.af.mil. It is also posted on the Facebook pages for the FLANG (www.facebook.com/FloridaAirNationalGuard) and Florida Air National Guard Airman & Family Programs (www.facebook.com/TheGuardisFamily).

125th Fighter Wing Furlough Resources

1. Information & Referral

- Military OneSource: YOU NAME IT WE CAN HELP! Provides service members, family members, service providers, and command with policies, procedures, timely articles, cutting-edge social media tools, and support. All in one place, empowering our military community. All services are free & confidential and are available 24/7. Visit www.militaryonesource.com or call 1-800-342-9647.
- National Resource Directory: Connecting service members, vets, their families and those who support them. Please visit www.nrd.org or https://www.nrd.gov/state/florida

2. Airman & Family Readiness

Ms. Laura Yates 904-741-7027 or laura.yates.1@ang.af.mil toll free 24/7 call 1-800-226-0360 or www.facebook.com/TheGuardisFamily

3. HRO

MSgt Ari Cline 904-741-7820 or arianna.cline@ang.af.mil

4. Union

MSgt Michael Hudson 904-741-7330or michael.hudson@ang.af.mil

- **5. Employee Assistance Program (EAP):** The EAP is a confidential counseling and referral service that can help you and your family deal with life's challenges. EAP services are available to you at no cost, 24/7 for confidential help with work, family, personal matters, legal or financial issues.
 - Local: MSgt Janine Obando 904-741-7045 or janine.obando@ang.af.mil
 - FOH Employee Assistance Program Website: www.foh4you.com or 1-800-222-0364

6. Financial

- JFSAP Military Personal Financial Counselor (PFC). Mr. Mark Huston fully licensed & credentialed in the state of Florida and his services are free and confidential. Mark can be contacted at 407-450-1299 or mhuston@mflc.zeiders.com.
- **Need Help Paying Bills?** Find programs and ways to get help with paying bills and debts, and an extensive list of how to get help and save on groceries, insurance, child care expenses and more. Also find free government grants and low income assistance programs. Visit www.needhelppayingbills.com/index.html for more information.
- **Federal Employee Education & Assistance Fund.** FEEA's Emergency Assistance Program provides confidential grants and no-interest loans to federal employees facing unexpected financial hardships. www.feea.org or 1-800-323-4140.
- **Florida National Guard Foundation.** The Florida National Guard Foundation provides Florida Guardsmen with support and assistance during times of financial emergencies and deployments. For more information or to submit a request for financial assistance, visit the Foundation's website at www.floridanationalguardfoundation.org.

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125th Fighter Wing Furlough Resources

7. Personal Counseling

- **Director of Psychological Health (DPH).** Ms. Jennifer Matthews is fully licensed & credentialed in Florida and her services are free and confidential. She works on base full-time and canan be contacted at (904) 741-7006 or jennifer.matthews.ctr@ang.af.mil.
- JFSAP Military & Family Life Consultant (MFLC). Mr. Harry MacNeill is fully licensed & credentialed in Florida and his services are free and confidential. He provides direct short-term, non-medical, solution-focused counseling services to individuals, couples, and families. Harry can be contacted during normal business hours at 904-718-9987 or harry.macneill@healthnet.com. Harry can meet on base or at a location convenient to you.
- JFSAP Child & Youth Military Family Life Consultant (MFLC). Ms. Mia Wilson is fully licensed & credentialed in the state of Florida and her services are free and confidential. She provides direct short-term, non-medical, solution-focused counseling services to individuals, couples, and families for situations resulting from life circumstances and specializes in Child & Youth concerns. Mia can be contacted during normal business hours at 904-738-3657 or mia.wilson@healthnet.com. Mia can meet on base at a location convenient to you.

8. Employment

- Florida Guard Family Career Connection. Your Florida Guard Family Career Connection
 (FGFCC) works exclusively with Guard members and Guard families synchronizes the best
 employment initiatives available in today's competitive employment market so you and
 your Families can find meaningful employment in the State of Florida. Penny Justice can be
 reached at 904-823-0335 or penelope.l.justice.ctr@mail.mil or their Facebook page
 https://www.facebook.com/FGFCC
- Worksource. WorkSource Career Centers located throughout Florida offer a wealth of resources for veterans & military spouses, including specialized Local Veterans' Employment Representatives (LVER) and Disabled Veterans Outreach Program (DVOP) staff who work solely with the veteran population and can provide veteran applicant referral. You can work with a veterans' employment specialist at any of the Career Centers to find jobs, acquire skills and education, plan a career, attend workshops and take advantage of many other resources. Our specialists are experts at converting military job skills to civilian terms and have relationships with federal contractors and other employers committed to hiring veterans. Contact Patty Piazza on (904) 997-3100 ext 2350 or ppiazza@worksourcefl.com or visit the website at http://www.worksourcefl.com/jobseekers/veterans.aspx.
- Jacksonville Military Veterans Coalition. The City of Jacksonville has partnered with the
 Jacksonville Military Veterans Coalition to launch a website aimed at helping connect
 veterans with employers interested in hiring them. Visit
 http://www.coj.net/departments/military-affairs,-veterans-and-disabled-services/jobs-for-vets-(1)/jmvc.aspx for more information and to find a list of local job opportunities.